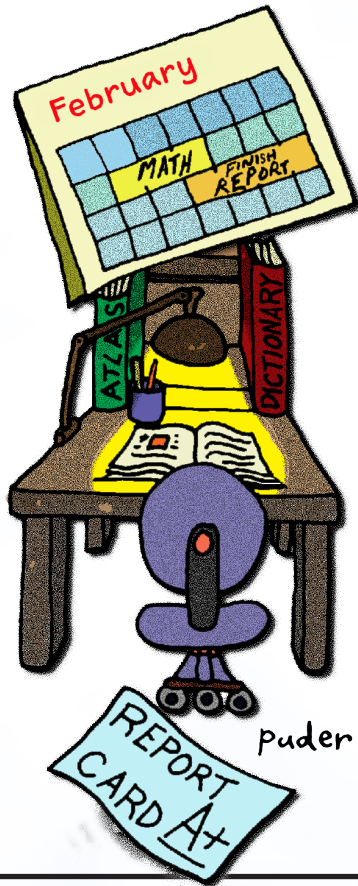
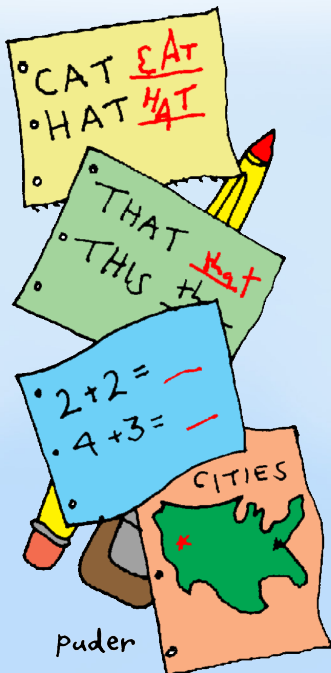


# How should parents help with their Child's Homework?

by Erica Berg, MD



**Your interest and involvement are the key**



When your children do their homework, they reinforce what they learned at school. Their knowledge base grows. But they learn more than the actual information, they also build skills and habits they'll need for success in school and life. Here are some ways to support your child's success with their homework:

## Study Area:

Before they begin, create a study area: a clean space at a desk or table or even on their bed. They are more likely to stay on task where they are most comfortable and the area should have adequate lighting, and supplies like pens, pencils, paper etc. Try to minimize distractions (phones, tv's) during homework time. Quiet or low volume music may help most. And asking the rest of the family members to help out with this quieter time is best.

## Assignments:

It is your child's job to write down school assignments. When they get home, check that the instructions and handouts came home too. Then come up with a study plan. Glance over the work load then work with your child to come up with a plan. Suggest that they tackle the tougher or longer assignments first while fresh and more alert. For longer projects, creating a calendar to stay on schedule as they work on it is helpful.

## How much should parents help?

If your child gets stuck on a question or problem, try to guide him or her in the right direction rather than providing the answers. If they are frustrated or taking too long to complete the task, check in with them and their teacher for advice.

## Review, but don't correct their work:

After the homework is done, take a moment to review it, because knowing you will be looking increases the likelihood that he will finish and do his best. Do not correct the work. That is the teacher's role. Rather suggest him to look again if you see several misspelled words or calculation errors. Praising his hard work will encourage them to keep learning.

## Grades and teacher's notes:

When graded homework is returned, review the teacher's notes to discover if any mistakes can be avoided next time or improve their understanding of the subject. In addition, to reinforce the learning: a dinner conversation topic or a chat on a drive to and from activities.

## Your interest and involvement is the key:

The key is for you to stay involved and monitor your child's work without doing it for her. With your guidance and encouragement, your child will learn how to work independently and plan for success.

## Harping and hovering don't work:

Try to find a balance between interest without hovering over your child. It is their homework, not yours. We wish your children success!